

Best Practice-1

2014-15

Title of the Course- Life Guidance Course

Goal- The objective of the Course is to equip the final year students to take up the responsibilities of an adult in the family, society and the nation.

Context -On completion of the Programme of study, the students emerge into the wide world outside where they have to take up the responsibilities of work, household and society. This transition from the carefree life of the student to the duty bound life of an adult is strenuous for majority of the students. Being a Women's College, a large section of the outgoing students gets married soon after the completion of the Programme. The students need to be made aware of their duty to the society and the nation. As a College established in the pre-independent era with the objective of empowering young women, the institution is very particular about imparting holistic education to the students. The basic unit of a society is the family, and women have a very important role in the prosperity and development of a family. Hence it is very essential to provide final year students, with awareness on the basic facts of marital life and the crucial role of women in the character formation of the children of the family. As the founder of the CMC congregation envisioned "When you educate a man you educate a single person but when you educate a woman you educate a whole society"

The Practice- Every year a Three - Day Life Guidance Course is organized for the benefit of the final year students. Eminent psychologists and practicing marriage counsellors are invited to speak and interact with the students on marriage, manwoman relationship, marital problems and social and national responsibilities of an adult Indian citizen. Sex education is also an important part of the programme. Students are offered a psychological approach to the study of human personality which helps them in understanding themselves and others. Training is imparted to foster the inter-personal skills which are essential at both the work place and the household. The duties of a citizen to the nation and the society are enumerated to inculcate in them social responsibility. The Life Guidance Course

offered by the institution gives the students an opportunity to equip themselves with the basic life skills needed for a successful life in society. This Course has been internalized and institutionalized and has been the Best practice of the College for more than 30 years.

Evidence of Success- Formal and Informal feedback obtained from the students and the alumnae point out to the great success of this Course. They have emphatically declared the relevance of this Course in their day to day life, at the work place and in the household. They have admitted that Course has a positive impact in helping them to have good interpersonal relationships. Many a time the alumnae have returned to the *alma mater* to acknowledge with gratitude, the practical use of this course in their marital lives.

Problems Encountered and Resources Required -Time constraint is one of the major problems that hinders the organization of this Course. In the midst of final year project, examination and syllabus transaction, it is very difficult to allot three whole days for this programme. Another hurdle is the unsupportive attitude of the students as they do not realise the importance of this Course at this point of time. It is only after the completion of their programme that they realise the significance of this Course.

Notes -Life Guidance Course is a must in every institution as it is of great practical use in the personal life of the students. Divorce and Suicide rate of the nation is increasing day by day. Stress related mental and physical disorders are also on the rise. The Life Guidance Course gives students the necessary interpersonal skills to live a balanced life in society.

Best Practice-2

2014-15

The Title of the Practice- Educational Sponsorship Project

Goal -The objective of this Project is the holistic development of a specific number of school children through an educational sponsorship promoting partnership of educational institutions. The Project aims at the development of these students into advanced learners with a potential for critical thinking and scientific temper. It also aims at enhancing of their IT and soft skills and empowering them with increased subject knowledge and life skills. Value education is provided to ensure that these students evolve into responsible citizens.

The Context- The current social scenario points to a marked increase in juvenile delinquency. A number of factors like nuclear families where both parents work, lack of value education, peer pressure, influence of media etc. have impacted negatively on young minds to produce this increase in crime rate. Realizing the importance of proper guidance and support in overcoming negative influences, the College decided to use its human resources to mould children of a young age.

The Practice- An MoU was signed by the Heads of St. Mary's College, Thrissur and St. Mary's Convent U.P. School, Chiyaram. According to the agreement, forty deserving students with strong desire for knowledge and education without discrimination of caste and creed were selected from V to VII classes and the College adopted them under the sponsorship project. Financial support is provided to these students at the beginning of every academic year. In addition to this a one day orientation programme is organized every month for the holistic development of these students. The Departments take turns in organizing these activities and faculty and students of the College are actively involved. The forty students are also taken for a one day outing every year and brought to the College when exhibitions and fairs are conducted. Workshops and seminars are also organised. St.

Mary's College, Thrissur to provide training to the teachers of the school so that they can support the students to achieve the holistic development envisaged by the College.

Evidence of Success- The enthusiastic response of the students to the activities and programmes organised is evidence of the success of the project. A record of the academic performance of these students is maintained by the College and the students are performing better with each passing year.

Problems Encountered and Resources required -The implementation of a project of this kind involves a large amount of finance as well as human resources. A lot of administrative work is also involved. It is not easy for the institution to organize and administer the project effectively. Financial constraint is also a major hurdle in realizing this Project. St. Mary's School Chiyaram is approximately 10 kms away from the College and access to the School is difficult for the faculty and students. Thus there are a lot of problems in implementing the project. But the noble vision of providing holistic development to the young is enough of stimulus to overcome these hurdles.

Notes- It is mandatory to sign an MoU by the collaborating institutions and to specify the terms and conditions of agreement. It would be highly appreciable if parents and local community members are involved in the project.